

LESSON PLAN 2

Early Years
Building Hope

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Lesson Plan 2.0: Early Years

Building Hope

Lesson Title	Building Hope: Creating a Hope Jar
Lesson Summary	This lesson introduces students to the transformative power of hope. Students will explore the concept of hope and its role in overcoming challenges, drawing inspiration from Make-A-Wish Australia and its work granting life-changing wishes to children with critical illnesses. Students will then create their own Hope Jar, a physical representation of what gives them hope and reflecting on how having hope can guide them through difficult times.
Year Level	This lesson is for Early Years: ELC, Kinder & Prep
Lesson Duration	40-45 minutes
Learning Intention	Students will learn how hope and positivity can help them face challenges and how they can use these qualities in their own lives.
Evidence of Learning	By the end of the lesson, students will be able to: • Talk about hope and other positive emotions. • Recognise how hope can be useful. • Identify personal sources of hope and represent them through the creation of a Hope Jar. • Share how they plan to use their Hope Jar to stay hopeful when facing challenges.
Things you will need	• Make-A-Wish story (video) Audrey's Lego-Loving Wish  • Digital device to play the Make-A-Wish video (optional). • Large paper or whiteboard and markers (for whole-class brainstorming). • Craft materials for the Hope Jar activity (jars, paint, markers, glitter, pipe cleaners etc).
Teacher Preparation Notes	• Review the Make-A-Wish video or story to highlight key moments that demonstrate hope (review to ensure suitability). Audrey's Lego-Loving Wish  • Write the success criteria and learning intention on the board before the lesson begins. • Ensure craft materials are ready and organised for the Hope Jar activity. • Encourage students to think deeply about their personal experiences with hope. • Allow students to share their Hope Jar but ensure that sharing is optional to maintain a safe and respectful environment. • Teachers should adapt this lesson to meet the diverse needs of students, including those with varying abilities and those with Special Educational Needs (SEN).

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Building Hope - Scripted

Introduction & Icebreaker (10 minutes)

"Hello everyone, and welcome to today's lesson! Today, we're going to talk about hope, joy and positivity"

"Can you say hope with me?" **(Pause for students to respond)**

"Hope is believing that good things can happen, even when times are hard."

"Does anyone want to share something they've hoped for?" **(Pause for responses and choose a few students to share)**

"Wonderful, I hoped that it would be sunny/rainy today! Some hopes we all want, like happiness and to have friends, but some hopes are different depending on different families and cultures."

Introducing Make-A-Wish

"I want to tell you about Make-A-Wish Australia. They are an organisation who give special wishes to kids who are sick, and help them feel joy."

"One person may wish for a puppy and someone else may wish for a trip to the snow! One person I'd love to tell you about is Audrey, who loves lego!"

(show Audrey's wish video if suitable) [Audrey's Lego-Loving Wish](#) 

"Who else loves lego?" **(pause for a show of hands)**

"Audrey's wish was to build a pink Lego house and have a Lego of herself, how cool is that! Audrey had her wonderful wish and it made her feel hope and joy."

"Today we're going to make Hope Jars to help us feel hope, even when things are hard."

Activity: Make a Hope Jar (25 minutes)

Purpose: Students create a physical representation of what gives them hope.

"Now, let's create our Hope Jars. These jars will represent what gives us hope when we are facing challenges."

"You can draw or write about things like family, friends, pets, or activities that make you feel hopeful. Let's get started! Everyone pick a jar, and we're going to decorate them with colours and patterns that make us feel hope and happiness".

Medium: Glass jars (small food jars), tissue paper, PVA glue, paint, markers, colorful paper strips, ribbons, glitter, stickers. **(Talk through the materials available and encourage students to be expressive and creative).**

Instructions

1. Students choose a jar
2. Decorate the outside using:
 - Tissue paper and diluted PVA glue (stained-glass effect)
 - Paint or markers
3. Cut coloured paper into strips
4. Write or draw hopeful messages or ideas on each strip (e.g., people, activities, happy thoughts)
5. Fold and place the strips inside the jar
6. Decorate the lid with ribbons, stickers, or paint
7. Optional: add glitter as "wish dust"

Prompts to Support Thinking:

- "What colours make you feel happy?"
- "Think about bright, cheerful colours that remind you of sunshine, or your favourite things"
- "What makes you smile when you're sad?"
- "What's something kind someone said to you?"
- "Who makes you feel happy?"



(Help the students with their jars as needed)

Wrap up and Reflection (5-10 minutes)

" Who wants to show their jar to the rest of the class" (let a few students show their jars)

"Wow these all look so beautiful!"

"Great work today, everyone. Remember if you need to feel happy or hopeful you can look at your jar. Your jar is a symbol of hope, just like wishes being a symbol of hope. You can take your jar home and show your guardians/parents."

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Building Hope - Unscripted

Introduction & Icebreaker (10 minutes)

- Introduce students to the lesson themes of hope, joy and positivity.
- Explain what hope is and ask if they've heard it before. **(Pause for students to respond)**
- Ask if anyone wants to share something they've hoped for **(pause for responses and choose a few students)** Give an example of something you have hoped for – e.g a sunny day.
- Explain that some hopes are things we all want, like happiness and to have friends, but some hopes are different depending on different families and cultures.
- Introduce/reintroduce the students to Make-A-Wish Australia.
- Explain each wish is different, some people wish for a holiday to the snow and others wish for a puppy.
- Say you would like to tell them about Audrey, who had a lego wish - **(show Audrey's wish video if you have reviewed)** [Audrey's Lego-Loving Wish](#) 
- Explain that Audrey's wish was to build a pink Lego house and have a Lego of herself.
- Audrey had her wonderful wish and it made her feel hope and joy.

Activity: Hope Jar Craft (25 minutes)

- Encourage students to create their very own Hope Jar.
- These jars will represent what gives us hope when facing challenges.
- Encourage students to draw and make things that make them feel happy.

- Examples of family, friends, pets, activities etc.
- Give each student a jar, or ask them to select one.
- Chat through the materials available and encourage students to be expressive and creative.

Instructions

Medium: Glass jars (small food jars), tissue paper, PVA glue, paint, markers, colorful paper strips, ribbons, glitter, stickers.

1. Children decorate the outside of their jar using tissue paper pieces glued with diluted PVA (creating a stained-glass effect), or paint and markers.
2. Cut colorful paper into strips to fill the jar.
3. Decorate the jar and lid with anything they like.
4. Optional: add a sprinkling of glitter as "wish dust".

Prompts for making their jar:

- What colours make you feel happy?
- Think about bright, cheerful colours that remind you of sunshine, rainbows, or your favourite things.
- What makes you smile when you're sad?
- What's something nice someone said to you?
- Who makes you happy?"

(Help the students with their jar as needed)

Wrap up and Reflection (5 minutes)

- Praise the students and ask who wants to share their jar with the rest of the class.
- Highlight that all the jars look different which is great.
- Remind the students that they can look at their jar whenever they need extra hope, and that the jars are a symbol of hope, just like wishes.